



**A RIB RESTAURANT
WORTH VISITING
IN OTTAWA**
LUNCH RUSH {page 18}

**ANOTHER SEASON
FOR THE FAT CATS?**
GROUPS MAY VIE FOR
STADIUM LEASE {page 3}



INK REMOVAL
CELEBS LASER AWAY
TATTOOS, BUT WHAT
ARE THE RISKS? {page 16}



OTTAWA
metro®

Tuesday, November 1, 2011
www.metronews.ca



News worth sharing.

A grisly discovery

► Construction crew working on Halloween discovers human remains in backyard

The Ottawa police Major Crime Section is investigating the discovery of human remains in backyard in the 1500 block of Heatherington Road yesterday afternoon.

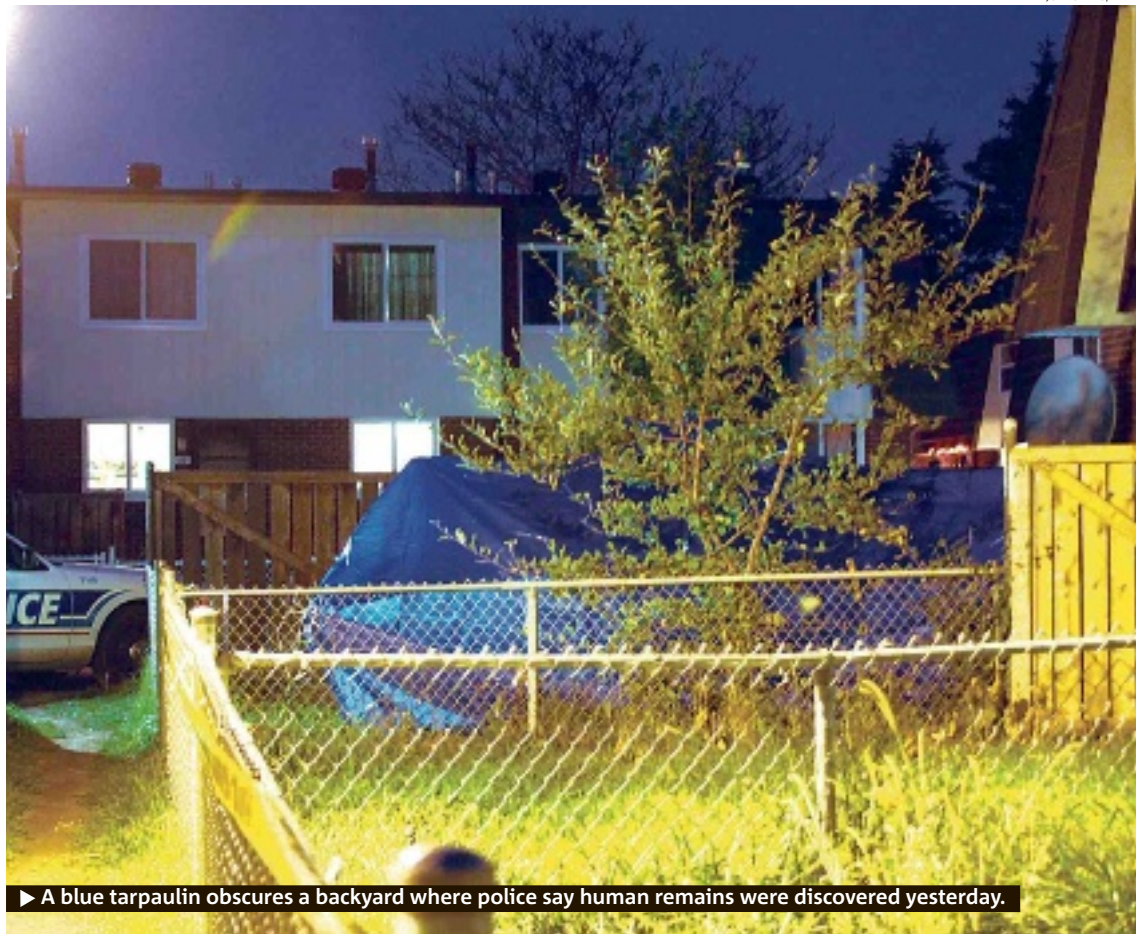
Carole Lavigne, Ottawa police manager of media relations, said construction workers discovered the remains just before noon.

The coroner has determined that the human remains most likely have been there for a number of years.

A large blue tarp covers the backyard of an end-unit home in a row of townhouses. Police have cordoned off the area with yellow caution tape as the investigation continues.

Dennis Butler, a neighbour, said he saw what looked like a leg bone in the same backyard about a month ago while he was doing caulking work on neighbours' doors. He said he notified neighbours about it, but he did not call the police.

Lavigne said police will continue digging up the backyard today to see whether there are any other human remains. Anyone with information is asked to contact the major crime section at 613-236-1222, ext. 5493. **JOE LOFARO**



► A blue tarpaulin obscures a backyard where police say human remains were discovered yesterday.

The 99 per cent

Week 7 at Occupy protests

► Cities across the globe consider how to handle protesters ► Halifax mayor fears for city's Christmas fest {page 4}

Out on top

Cardinals manager Tony La Russa retires three days after winning World Series {page 20}



Seven billion and counting

Countries around the world mark a major population milestone {page 6}



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CLASSES STARTING MONTHLY

Accounting and Payroll Administrator

Program Objective

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. Each successful student will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems. This program also provides our students the opportunity to obtain the **Payroll Compliance Practitioner (PCP)** certification, issued by the **Canadian Payroll Association (CPA)**. The certification is nationally recognized as a standard of excellence for payroll training in Canada.

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Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

- Bookkeeping & Financial Accounting—Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply—Levels 1 & 2
- Computerized Accounting, AccPac—Levels 1 & 2
- QuickBooks
- Effective Business Writing
- Payroll Compliance Legislation (PCL)
- Payroll Fundamentals 1 (PF1)
- Payroll Fundamentals 2 (PF2)



Fitness and Health Promotion

Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

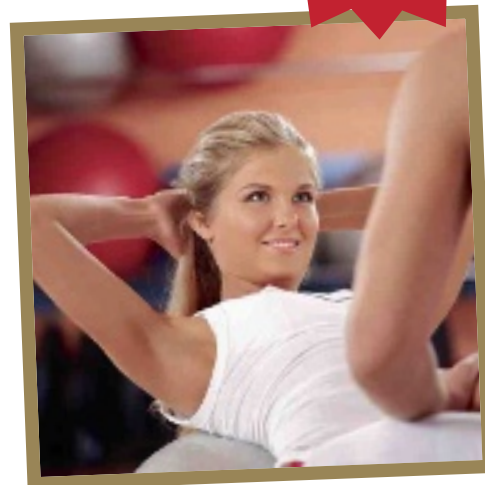
Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options. Opportunities also abound in:

- Fitness and Health Clubs
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- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
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- Personal Training and Programming
- The Business of Personal Training
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This course is a 30 week diploma program and includes a 4 week co-op placement.

Pharmacy Technician

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

This 40 week diploma program includes an 8 week co-op placement.

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Part-time evening program now available!

The Paralegal program of Algonquin Careers Academy is **accredited** by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes a 4 week co-op placement.

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The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. Complete this diploma program through online distance education.

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City to review leasing of Ottawa Stadium

At least two groups are interested in playing professional or semi-pro baseball at the Ottawa Stadium next season, according to a memo from Mayor Jim Watson and a city staff report that will be tabled at the Finance and Economic Development Meeting today.

The owners of the Fat Cats — who made it to the Intercounty Baseball League finals last season — and a broker representing a Major League Baseball-affiliated minor-league team are interested in leasing the facility, according to the report.

The Fat Cats' lease expires in March, but the team would like to continue to play at the stadium for another season, according

to the report.

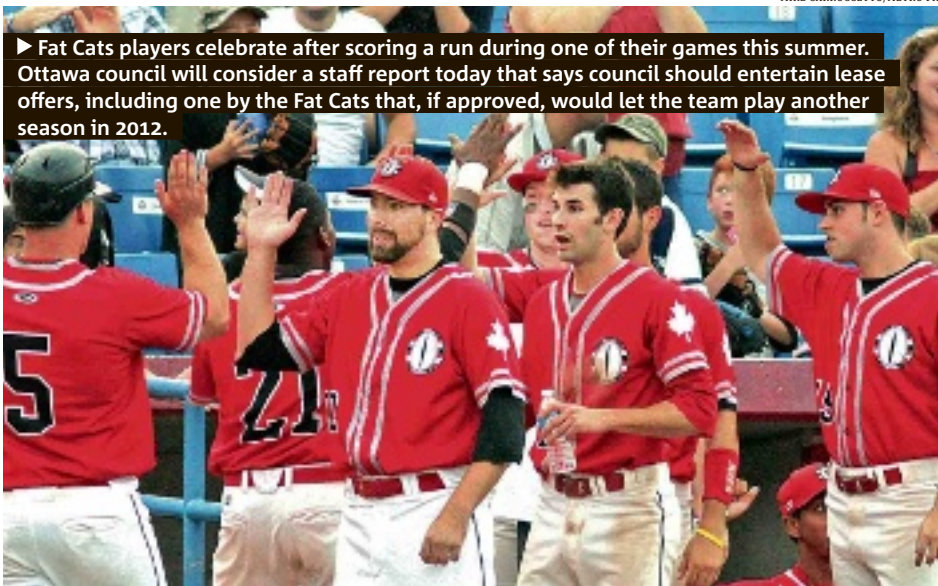
The report recommends council proceed with a request for proposal process that will lead to a long-term lease for professional or semi-professional baseball at the stadium.

Representatives of Beacon Sports Capital Partners — the broker representing the MLB-affiliated team — have met with city staff on two occasions.

This led to the city ordering an estimate of what it would cost an MLB affiliate team to bring the stadium in line with their standards for the 2013 season, the report says.

The cost to the team would range from \$4.5 million to \$7.6 million if both the necessary and suggested

► Fat Cats players celebrate after scoring a run during one of their games this summer. Ottawa council will consider a staff report today that says council should entertain lease offers, including one by the Fat Cats that, if approved, would let the team play another season in 2012.



improvements were made.

"It is hoped that the process recommended by

staff will lead to a number of quality offers to lease this important City facility," says

Mayor Watson's memo to council.

● JESSICA SMITH

No choice but to shoot: Police

► Police say they had permission to kill 'aggressive' cattle that 'posed a risk to the public'



JOE LOFARO
@METRONEWS.CA

A Vancouver-based animal rights group wants Canadians to send complaint letters to Gatineau police after officers shot two cows — destined for the abattoir — that escaped from a trailer last Thursday.

Gatineau police said they had no choice but to shoot and kill the cows because they were a threat to the public. But the head investigation officer of Canadians for Ethical

Treatment of Food Animals, Twyla François, said that claim is "ridiculous."

A video of the incident was captured by a bystander and uploaded on YouTube. It shows police officers shoot one cow at least 10 times as it charges toward and then evades police cruisers.

The shooting happened near George Street in the Mason-Angers section of Gatineau.

"Like most people, I was horrified," said François after watching the video. "It was really unnecessary to do what they did."

"They're so docile, it seems ridiculous that police were claiming they charged their car."

CANADIANS FOR ETHICAL
TREATMENT OF FOOD ANIMALS

Twyla wants farmers and those transporting livestock to be trained on how to deal with these types of situations. She also said police could receive training as well if they need to intervene in the future.

"Had the driver been

trained, he could have probably rounded up the animals really quickly knowing their behaviour," she said. "Cattle have been so domesticated that they really don't have that aggression anymore."

François said she has been trying to highlight the need for training with the Canadian Food Inspection Agency for years, but progress is stagnant.

Police spokesperson Pierre Lanthier said police had no choice but to shoot as the animal was aggressive and posed a risk to the public. He said the owner

of the animals gave police permission to shoot.

The incident is under investigation, which is normal when an officer shoots an animal. Lanthier said some police cars are equipped with rifles, but none of the officers on duty had access to one.

Although he said he has seen several complaints on social media websites, he wouldn't disclose how many formal complaints the force has received in the form of emails and letters.

WITH FILES FROM
THE CANADIAN PRESS



A young Inuit walrus hunter tears up as he recalls how his life was saved by a rescue team that lost one of its members. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Footage of the Gatineau cattle-shooting incident that has enraged an animal-rights group. Video at metronews.ca/video

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Occupy an intrusive holiday guest?

► Halifax mayor fears for city's Christmas fest ► Winnipeg campers settle in, expect Internet hookup

From evictions — forced and voluntary — to a dispute over a rat infestation: Here's a look at what's going on in Week 7 of the Occupy protests.

NOVA SCOTIA

Occupy Nova Scotia protesters temporarily relocate for Remembrance Day but their occupation of Grand Parade isn't over.

Protesters issued a press release late Sunday saying they would leave the area out of respect for Remembrance Day, and relocate to a nearby park.

But Halifax Regional Mu-

nicipality says it has plans for a public parade during the upcoming holiday season, and the city's mayor asked protesters not to return at all.

WINNIPEG

If Winnipeggers aren't quite sure why there are people camping in Memorial Park, they're not the only ones.

When asked about the Occupy Winnipeg movement, now entering its third week, Mayor Sam Katz was mystified.

"What are they trying to accomplish? I personally

don't get it," Katz told media late last week.

VANCOUVER

The Downtown Vancouver Business Improvement Association wants Occupy Vancouver's tent city shut down after reports of rats scurrying across the lawn of the Vancouver Art Gallery.

"If there was a rodent problem at a restaurant, it would be shut down. It's the same protocol," said Charles Gauthier, executive director of the DVBLA.

VIRGINIA

Police cleared out a plaza in Richmond, Va. early yesterday that had been home to Occupy Wall Street protesters, ordering out dozens of

FRANK FRANKLIN/THE ASSOCIATED PRESS



► Pedalling for battery power at Occupy Wall Street.

"Please accept these humble donations. I am poor and am fighting foreclosure, but if you are willing to occupy and keep this message alive, I will support you." ANONYMOUS

"The movement is growing, but if leadership doesn't emerge soon, then it will turn into an unruly mob scene. At all costs, this has to be prevented."

AL ROSS, FLORIDA

"I'm in your shoes and on your side!"

ANNE ROWINSKI, MAINE

"Dear 99ers! It is gratifying to watch you channel your righteous anger into organized and active resistance."

HENRY KING, GLASGOW

"Here are some cookies for the demonstrators. I will keep sending them as long as you keep protesting."

BETTE SNYDER, OHIO

"(OWS) offers something that has been in very short supply these days — hope. Hope that maybe we can make a difference." ANONYMOUS

"I can honestly say for the first time in my cynical, contrarian years that I am damn proud to be an American!"

ANONYMOUS COLLEGE STUDENT

COMPILED BY
THE ASSOCIATED PRESS

SINCE THE PROTESTS BEGAN ON SEPT. 17, VOLUNTEERS AT ZUCCOTTI PARK SAY THEY'VE RECEIVED ABOUT 2,000 LETTERS FROM THE UNEMPLOYED, COLLEGE STUDENTS IN DEBT AND GRANDMOTHERS WORRIED ABOUT FINANCIAL STRUGGLES OF YOUNGER GENERATIONS. TO VIEW MORE, VISIT OCCUPY-WALLSTREETCAREPACKAGES.TUMBLR.COM.

"I feel inspired in a way that I haven't been in years."

STEVE ISKOVITZ IN PITTSBURGH




Attend • Participate • Share

The Community Council for Ethnocultural Equity (CCEE) invites you to attend an **Open House on the development of an Advisory Committee on Equity.**

Thursday, November 3, 2011
6:00 pm - 8:00 pm
440 Albert Street, Room C117

The purpose of the Advisory Committee on Equity (ACE) will be to:


- Advise the OCDSB on ways to foster equity, diversity and inclusive education
- Reflect the diverse communities of the OCDSB
- Collaborate with community-based organizations, community leaders and individuals committed to the goal of all students achieving their full potential

Please join us to learn more about this vibrant and relevant committee. Come out and have a voice in shaping the schools of the 21st Century.

Refreshments will be provided.

For more information contact Corinne Davison, Instructional Coach — Inclusive, Safe and Caring Schools, at 613-596-8211 (8679), corinne.davison@ocdsb.ca or email ACE at equity003@gmail.com.





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MOHAMMED ZAATARI/THE ASSOCIATED PRESS

► Nurses hold newborn babies in Sidon, Lebanon, yesterday.

Seven-billionth person born

► Nations celebrate globe's latest milestone ► The United Nations estimates the world's population will reach eight billion by 2025, 10 billion by 2083

Countries around the world marked the world's population reaching seven billion yesterday with lavish ceremonies for newborn infants symbol-

izing the milestone and warnings that there may be too many humans for the planet's natural resources.

While demographers

are unsure exactly when the world's population will reach the seven-billion mark, the UN is using yesterday to symbolically mark the day.

A string of festivities were being held worldwide, and a series of symbolic seventh-billionth babies were born.

THE ASSOCIATED PRESS

Public Notice Regarding the Ministry of Health and Long-Term Care's ("ministry") Collection, Use and Disclosure of Information under the *Narcotics Safety and Awareness Act, 2010*

The *Narcotics Safety and Awareness Act, 2010* ("Act") authorizes the Minister of Health and Long-Term Care ("Minister") and the Executive Officer of Ontario Public Drug Programs ("Executive Officer") to collect, use and disclose information, including personal information, that relates to the prescribing and dispensing of narcotics and controlled substances ("monitored drugs") in Ontario, for the purposes of the Act. The purposes of the Act are to

- promote appropriate prescribing and dispensing practices for monitored drugs
- identify and reduce the abuse, misuse and diversion of monitored drugs, and
- reduce the risk of addiction and death resulting from the abuse or misuse of monitored drugs

Section 8 of the Act permits the Minister and the Executive Officer to direct a prescriber (e.g., doctor, dentist), a dispenser (e.g., pharmacist) or an operator of a pharmacy to disclose information about the monitored drugs they prescribe or dispense, to the Minister or the Executive Officer. For example, the Minister and the Executive Officer may direct the disclosure of information regarding

- the prescriber of the monitored drug (name, address, registration number)
- the person for whom the monitored drug is prescribed (name, address, date of birth, gender, unique number appearing on a form of identification listed on the ministry's website)
- the monitored drug itself (name, strength, quantity, length of therapy, directions for use, drug identification number, prescription number, date of prescription, date of dispensing)

In addition, if a person who has been prescribed a monitored drug authorizes someone else to pick up the drug from a dispenser, the Minister or the Executive Officer may direct a dispenser to disclose certain personal information about that person to the Minister or the Executive Officer (i.e., the person's name and address, and the distinguishing number appearing on a form of identification that verifies the person's name and address).

Once this information has been collected, the Minister and Executive Officer may only use or disclose it as permitted or required by the Act, the *Freedom of Information and Protection of Privacy Act*, and the *Personal Health Information Protection Act, 2004*. For example, subsection 5.(5) of the Act permits the Minister and the Executive Officer to disclose personal information about a person who has been prescribed a monitored drug, to a prescriber, a dispenser or an operator of a pharmacy who has prescribed or dispensed such a drug to the person in the past.

The Ministry's statement of information practices, available at www.ontario.ca/privacy, describes how and for what purposes the Ministry may use and disclose personal health information in accordance with the *Personal Health Information Protection Act, 2004*.

For more information, please call the Ministry toll-free or visit our website.

- Telephone INFOLine at: 1-866-532-3161 (Toll-free in Ontario only) or TTY 1-800-387-5559
- Visit the Ministry's website at: www.ontario.ca/narcoticsstrategy



Switched-at-birth families settle

It was more money than either family has ever seen — but it's still not clear if it can make the pain go away.

A Russian court yesterday awarded two Russian families \$100,000 each in compensation from a maternity home that accidentally switched their daughters, now 12, at birth. The story has captivated Russia ever since the families learned about the mistake several months ago.

"The money just can't ease the pain," said Yuliya Belyaeva, the biological mother of one daughter, Anna, who raised another couple's child, Irina. "All the money in the world isn't worth a child's look at their mother."

Belyaeva gave birth at the same ward about the same time as Naimat Iskanderov's wife in Kopeisk, an industrial town of 140,000 in Russia's Ural Mountains.

Years later during their divorce proceedings, Belyaeva's husband refused to support Irina — who has dark hair, dark eyes and olive skin — because she

Details

- The two 12-year-olds don't want to leave the parents who raised them, according to Russia television reports, so the families are thinking of moving near each other or sharing a home.
- "I would like us to share a house so that we don't worry about her daughter coming to me and the other way round," Iskanderov told Russia media.
- Belyaeva would prefer separate houses nearby, so that "we see our children growing up and take part in their education."

didn't look like him or his blonde wife. A DNA test then revealed that neither of them were Irina's biological parents.

Belyaeva then demanded an official investigation, which tracked down Irina's biological father, Iskanderov — who had been raising her own child Anna in a neighbouring town.

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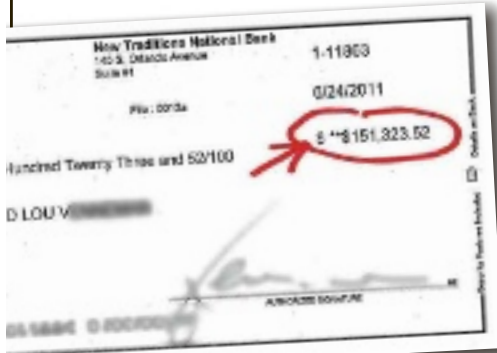
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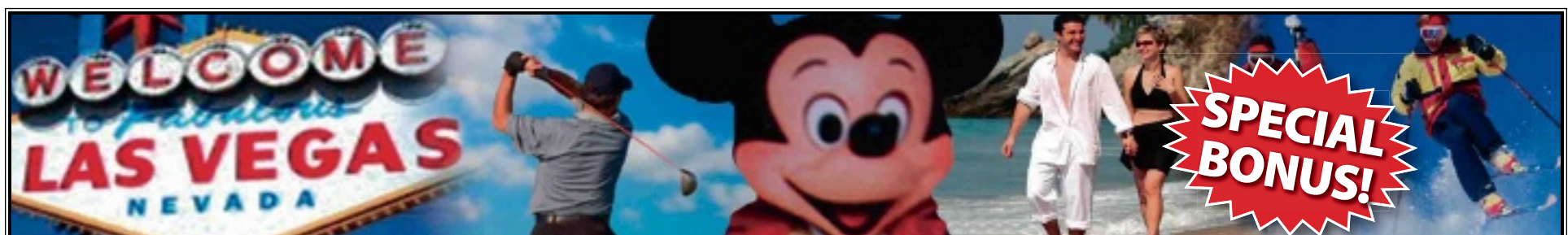
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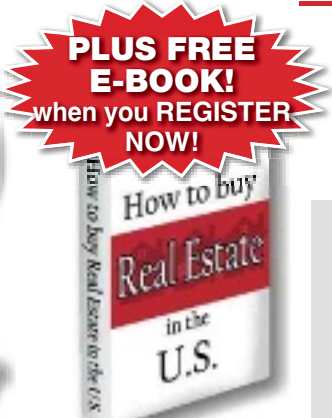


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SHE SAYS ...

JESSICA NAPIER
METRO



You can't deny the thrill of sharing a secret, especially when that secret isn't really yours to tell. According to a 2009 British study, women who were told a secret were likely to bite their tongues for an average of just 47 hours and 15 minutes before blabbing. That's less than two full days, and frankly, I'm not surprised.

In an age of celebrity blogs and constant social networking, over-sharing is now the norm, while keeping a secret has become a lost art.

As trivial as it might be, gossip is a guilty pleasure that just won't quit. It's what keeps US Weekly in business and it's why Perez Hilton isn't working at a Taco Bell.

Sharing secrets can serve many purposes. Some find it to be a positive form of catharsis, others use gossip as a communication tool to network or bond with a group, and some just get a twisted schadenfreude-esque delight out of the pain and suffering of others.

Anyone who tracks the ups and downs of Jennifer Aniston's love life — you can go ahead and put yourself in that third category.

"So does privacy count for nothing any more? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start re-learning the art of keeping secrets?"

So does privacy count for nothing anymore? We're posting, sharing and consuming an unhealthy amount of information about each other and ourselves; isn't it time we start thinking about relearning the art of keeping secrets?

To clarify, secrets are not lies. I'm not condoning deceit, just the idea that sometimes withholding information is better than putting it all out there. Keeping secrets amongst our friends and lovers can actually be healthy. I mean, isn't it nice to keep some of the mystery alive?

Here are just some things that are better kept to yourself: your nauseating pet names for your partner, status updates on that skin rash you've been dealing with, photos of pelvic bones, weekly measurements of your expanding "baby bump" and anything involving your bathroom habits.

Please, folks, do away with full disclosure and realize that not every part of your life belongs to the Internet.

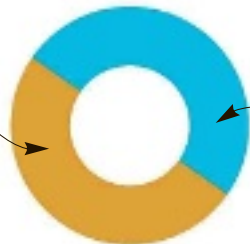
Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Has the Occupy movement gone on long enough?

50%
YES. THEY'VE
MADE THEIR
POINT. IT'S
TIME TO SHUT
IT DOWN.



50%
NO. IT STILL
HAS LEGS.

Letters

The country is heavily in debt, we are heading into a double-dip recession and what is this so-called Conservative government doing? Well, why not spend a fortune and add more seats to the House of Commons. Yes, indeed, more MP salaries, expensive staff and money flushed down the toilet yearly. Reduce the amount of seats where the provinces are over represented such as Quebec. This fixes the problem without costing a fortune.

ANTHONY SILVESTRO
OTTAWA

RE: *Protecting Lightfoot's legacy*,
published Oct. 31

Thank you for the interesting reading about the Canadian musical legend.

He may be a "mean drunk and a bad husband," but the immutable fact remains — his music transcends any personal flaws he might have. He is one of the few Canadian music icons popular worldwide.

I judge the High Priest of Canadian music only on the basis of his fabulous, immortal music for which I am, forever, thankful — nothing else.

HARRY S. ANCHAN
CALGARY

Local tweets



- ▶ **@THEkerrybutt:** Rockets have yet to be surpassed as the perfect Halloween candy.
- ▶ **@marty landriault:** "@Biz-Nasty 2point0: If you added up all the ice time I get this season it would be longer than Kim Kardashian's marriage."
- ▶ **@pinsky73:** #thingslongerthankims marriage That pause after Do-ra asks you a question...
- ▶ **@ebbcharee:** Grrrrrr! Happy Halloween <http://t.co/A14QGfD4>
- ▶ **@fleur_de_lotus:** @JackiYo I have gained 5 lbs from all the loot... cookies, candy, cakes, bread, etc...
- ▶ **@_drewski:** too. much. chocolate.
- ▶ **@pattycakes1625:** 4 midterms down, two to go. Spending halloween studying.. Please shoot me!

photo of the day



▶ This photo titled **Night Lights** was submitted to the Photo of the Day category by Artur Andronic from the U.S.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Man severs arm with homemade guillotine

Bellingham police have dismantled a homemade guillotine apparently used by a man to sever his right arm at a transient camp in Washington.

Sgt. Les Gitts says police saved only the heavy metal plate used as the blade, in case it is needed for evidence.

Gitts described the guillotine as "pretty elaborate." It was out of sight in a wooded area until police investi-

gated Thursday after the injured man walked into a clinic, leaving his arm behind.

According to Fox News, police say the guillotine unexpectedly dropped on the man's shoulder.

Police searched the area and found the guillotine and the severed arm. He was airlifted to Harborview Medical Center in Seattle in hope it could be reattached.

Gitts said yesterday he didn't know if that was successful. The hospital wouldn't say for privacy reasons. The man was in satisfactory condition yesterday.

Officers say the device was constructed from wood the man found by scavenging the local area.

THE ASSOCIATED PRESS

Economy up in August

► Summer numbers were better than expected ► Energy sector boosts third-quarter growth

A surging energy sector gave a healthy 0.3 per cent boost to the economy in August, suggesting Canada rebounded much more strongly than believed during the summer, following a surprising dip in the spring.

Statistics Canada also upgraded July's gross domestic product a tick to 0.4 per cent yesterday, which places the economy on track to post a strong three per cent gain in the third quarter.

Following an 0.4 per cent contraction in the second quarter, and expectations of softness due to the market turmoil that took hold in July, some analysts

"The recession chatter ... looks pretty ridiculous in light of almost four per cent GDP growth in the latest three months."

DEREK HOLT, SCOTIABANK

had speculated it was possible for Canada to have suffered a technical recession of two negative quarters over the summer.

But that is no longer in the realm of possibility, given the bigger than expected numbers in the first two months.

THE CANADIAN PRESS

Airlines. Unions



► Striking workers of Philippine Airlines shout slogans in support of the striking employees of Australia's Qantas Airways during their picket at the Qantas office at Makati City, Philippines, yesterday.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

Qantas strike ends

Qantas Airways planes returned to the skies yesterday after an Australian court ruled on a bitter labour dispute that had prompted the world's 10th-largest airline to ground its entire fleet.

2nd Wheat Board director resigns

A second elected farmer representative has resigned from the Canadian Wheat Board over the fight to preserve its monopoly.

"The current board hasn't been listening to producers," Jeff Nielsen, who farms near Olds, Alta., said yesterday. "Their farms are needing of new opportunities and new chances to make their businesses profitable."





Last week, Henry Vos, one of three farmer-elected directors currently from Alberta, resigned over board chairman Allen Oberg's refusal to bow be-

60 The Winnipeg-based Canadian Wheat Board has controlled the sale of western wheat and barley for more than 60 years.

fore the wishes of Agriculture Minister Gerry Ritz and the federal Conservative government.

It leaves Oberg, who is from Forestburg, Alta., plus seven other directors from Saskatchewan and Manitoba, as the last farmer-elected representatives. THE CANADIAN PRESS

Market moment

| TSX | Dollar | Oil | Natural gas |
|---|---|---|---|
|  |  |  |  |
| - 267.46 (12,252.06) | - 0.49¢ (100.33¢ US) | - \$0.13 US (\$93.19 US) | \$3.934 US (+ 1.1¢) |
| | | | Gold \$1,725.20 US (- \$22) |

PRICES AS OF 5 P.M. YESTERDAY

ADVERTISING FEATURE

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Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

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Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

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New album from Amy

► Collection of Winehouse work to be released in December by musical partners Mark Ronson and Salaam Remi ► Posthumous release a 'fitting testament' to the singer

A new album of recordings by the late soul singer Amy Winehouse will be released in December, Island Records said Monday.

It said *Lioness: Hidden Treasures* will contain 12 songs — previously unreleased tracks, alternative versions of existing hits and brand new songs — recorded by the beehive-wearing singer who died at her London home on July 23.

The label said Winehouse's longtime musical partners Mark Ronson and Salaam Remi had spent time since her death listening to recordings of the singer, who many said never sang or played a song the same way twice.

Island Records said the duo quickly realized that they had "a collection of songs that deserved to be heard; a collection of songs that were a fitting testament to Amy the artist and, as importantly, Amy their friend."

The album — Winehouse's third after *Frank* and *Back to Black* — will be released on Dec. 5.

Ronson and Remi compiled the tracks in collaboration with Winehouse's family, management and the label.

Winehouse's final studio recording — a cover of *Body & Soul* sung with Tony Bennett — will be included in the album.

The singer's father, Mitch Winehouse, said he had never before heard an-



STUART WILSON/GETTY IMAGES

► Longtime musical partners of Amy Winehouse are working on a posthumous album for the singer, which will be released in December.

other one of the tracks, *Halftime*, and described the song as "just incredibly beautiful."

"If the family had felt that this album wasn't up to the standard of *Frank*

and *Back to Black* we would never have agreed to release it and we believe it will stand as a fitting tribute to Amy's musical legacy," he said in the Island Records statement.

A donation of \$1.60 from the sale of each album in the U.K. will go to a foundation to assist disadvantaged children and young adults set up in the artist's name following

her death.

Last week a British coroner ruled the Grammy-winning singer died from accidental alcohol poisoning when she resumed drinking after weeks of abstinence.

The 27-year-old Winehouse had fought a very public battle with drug and alcohol abuse for years, and there had been much speculation that she died from a drug overdose.

THE ASSOCIATED PRESS

Winehouse at a glance

► **Born:** Sept. 14, 1983 in Southgate, London, England.

► **Discography:** *Frank* (2003), *Back to Black* (2006)

► **Achievements:** After *Frank*, Winehouse won an Ivor Novello award for song-writing. *Back to Black* was the bestselling album in the U.K. in 2007. That same year, *Back to Black* enters the U.S. Billboard and becomes the highest debut for a U.K. female.

► **Died:** July 23, 2011 after consuming a 'very large quantity of alcohol' according to a pathologist at the singer's inquest. Winehouse was 4.5 times over the legal drunk driving limit.

2

scene

Scene at a glance



Justin Timberlake admits he's got a thing for Pippa Middleton — but then so does every man in America, according to the singer. "Us American males are big fans of Pippa," he tells the U.K. edition of *Esquire*. "We like the Middletons very much. I'm going to sound like a sleazeball. I'm going to stop right there!"

THE ASSOCIATED PRESS



Review: Amiable memoir *The Garner Files* shows James Garner a Hollywood maverick at heart

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Beginners

Genre: Comedy**Director:** Mike Mills**Stars:** Ewan McGregor, Christopher Plummer, Melanie Laurent

Love can be so awkward. Consider the predicament of Hal (Christopher Plummer, never better). Now that his wife of 44 years has died, he's decided, at 75, that it's time to come out as the gay man he's always (secretly) been.

Hal's transformation involves a complete wardrobe change, a decades-younger boyfriend (Goran Visnjic) and considerable adjustment on the part of his son Oliver (Ewan McGregor).

At age 38, hetero Oliver's got some love problems of his own. He's failed in several serious relationships and is currently courting a French actress named Anna (Melanie Laurent).

Not one of these relationships compares to the devotion Oliver has for his



clever Jack Russell, Arthur.

In flashbacks and vignettes set to a Vaudeville-era soundtrack, these delicate story threads are teased out. Remarkably, Beginners' disjointed narratives don't test our patience. Instead, director Mike Mills' characters become more endearing the more we learn about their foibles.

● PETER HOWELL

Cars 2

Genre: Animation**Directors:** John Lasseter,

Brad Lewis

Stars: Owen Wilson, Larry the Cable Guy, Michael Caine

Pixar's 'toon machine spins its wheels with this low-occane sequel to Cars, its 2006 clunker.

The movie opens like a James Bond picture, with an Aston Martin (voiced by Michael Caine) seeking to infiltrate an oil rig in the middle of the Pacific Ocean.

There's some international skulduggery afoot with Jaguar-shaped Holley



Shiftwell (voiced by Emily Mortimer.)

Back in the desert town of Radiator Springs, race car Lightning McQueen (Owen Wilson) and his tow truck sidekick, Tow Mater (Larry the Cable Guy), are preparing for their own international adventure that involves green energy.

Cars 2's busy plot has many strands. Its spy narrative works, but its green-fuel subplot threatens to send the film into reverse. This Pixar product, its treads thinning, is aimed

primarily at younger kids (toys?). It's a case of money driving over art.

● PETER HOWELL

Crazy, Stupid, Love

Genre: Comedy**Directors:** Glenn Ficarra, John Requa**Stars:** Steve Carell, Ryan Gosling, Julianne Moore

With its full complement of A-list acting talent, Crazy, Stupid, Love has so much going for it. The always reliable Steve Carell, playing clueless nerd Cal,

is paired with Julianne Moore's Emily, who announces after 25 years hitched that she wants a divorce. We don't know why and we aren't given reason to care, but it emerges she's been cuckolding Cal with her co-worker.

Clearly, Cal's going to need some help getting his life back together. The film's tone quickly turns farcical as Ryan Gosling steps in as a hipster mentor in charge of Cal's manhood reclamation and Marisa Tomei as his new love interest.

But dual directors Glenn Ficarra and John Requa are uncertain where to take the action and their talented actors are wasted.

Rarely does the film's dialogue rise above sitcom banality and the plot is hardly fresh. It seems Carell's essaying another riff on Pygmalion, not to mention his earlier (and better) The 40 Year Old Virgin. ● PETER HOWELL

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Breaking the circle

► Rising star Miranda Lambert isn't following usual formula for country singers ► Reveals more facets to personality in new album, *Four the Record*

Producer Frank Liddell compares most country music stars to drivers in Manhattan. They circle and circle until they find a parking spot, and once they find one, they never want to leave.

Miranda Lambert found a roomy space in the shade when she released the career-changing *Revolution* in 2009.

"A lot of times, that parking place will dictate an artist's entire career," Liddell said. "Miranda, with this last record, she had a pretty good parking place. And she just drove right out of it without thinking twice about it."

You can hear where she's headed on her new album, *Four the Record*, out today. It's Lambert's follow-up to the album

that won her universal critical praise, enough fans to ratchet her career to the headliner level and a bushel of trophies, including a Grammy.

All conditions were right for Lambert to deliver a new version of *Revolution*, repeating the blend of sass and smarts and a little bit of tenderness that turned out to be such a combustible mix.

But the 28-year-old delivered something very different. There's still a little bit of that blonde firebrand who set country music ablaze in *Four*, Lambert's fourth album. But the overall picture the album leaves you with is a little more sombre and mature.

Most emerging country stars would have spent

time building their brand after such a career leap.

She and new husband Blake Shelton appeared on the cover of *Us Weekly* after their wedding, the peak of the carnival atmosphere that surrounded the two over the last 18 months.

With Shelton's turn on *The Voice*, their visibility had never been higher, and the opportunities never more lucrative.

Lambert did the unexpected, though. Instead of chasing tour sponsors and endorsement deals, she's turned down most offers.

Instead of trying to recreate those hit songs from her last album, she sought new writing partners and even considered a higher than usual percentage of songs from out-

"I'm one of those fortunate few, few, few artists that get to do what I want to do, make the album I want to make, with nobody telling me what it should sound like or what songs I should cut, and the best part about it is, people actually buy it."

MIRANDA LAMBERT

side writers.

She also formed a band on the side, Pistol Anniés, something of a maverick move in a town where such things are considered wastes of energy at



► Miranda Lambert

best and brand killers at worst.

With no radio airplay and little marketing, Pistol Anniés' debut album *Hell on Heels* hit No. 1 on the Billboard country albums chart.

All of these things are unusual moves — and part of the plan that Lambert has put together with her manager, Marion

Kraft.

"The interesting part about it is we think of expanding, not in a financial way, but we're thinking of expanding in a creative way where I feel like we are inspired by what we're doing and she gets better because she keeps re-inspiring herself," Kraft said.

THE ASSOCIATED PRESS

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Celebrity tweets



Mother nature is dressing up Fall as Winter for Halloween this year!



@MellyjHart

@JohnCleeve

My dearest, most darlingest, twaterers, Thank you for all your birthday wishes!!! 27 is such a lovely age to be. I love you all!..



@ActuallyNPH

Hope everyone partied it up last night, costume-style! Send me pics. I wanna see what you wore.



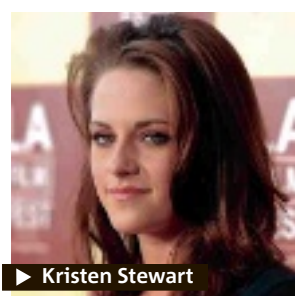
@DiannaAgron

So I guess there is no sexy version of my costume and I am waaaaayyy OK with it.



A Twilight turn-on

The new Twilight film features a love scene that was steamy enough to originally earn it an R-rating — and star Kristen Stewart wasn't surprised. "There are two big sex scenes in the two [final] films," Stewart tells the U.K. edition of Glamour. "It was so weird,



► Kristen Stewart

it didn't even feel like we were doing a scene within a Twilight film."

● METRO

AND IT'S OVER, 72 DAYS LATER

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



A whole 72 days after walking down the aisle with NBA player Kris

By the numbers

Kim's marriage broken down:

- **72 days** The length of Kim and Kris' marriage
- **20.5 carats** The size of her engagement ring
- **\$2 million** The cost of said rock
- **\$25,000** Speculated cost of her Vera Wang gown
- **\$10 million** Reported cost of the August 20 ceremony
- **\$17.9 million** Estimated amount they raked in from the wedding

Humphries, Kim Kardashian filed for divorce yesterday morning.

The unhappy couple is not seeking an annulment, and Kim checked off the usual "irreconcilable differences," asking the court to deny spousal support to Humphries.

It's the second divorce for Kim — who split with music producer Damon Thomas in 2004 after four years of marriage — and the first for Humphries, who was blindsided by the filing, according to TMZ, and is "bummed."

As it's all but impossible to remember, they very loosely tied the knot on August 20 at a ceremony that was estimated to cost around \$10 million. (You somehow missed that? A re-run of the two-part, four-hour Kim's Fairytale Wedding: A Kardashian Event is scheduled to air from 8 a.m.-noon on E! to-



► Kim Kardashian

day.)

We're not saying we're perfect over here, but we would have had the decency to fake it for 18 months

or so. Seriously, we've committed to packs of gum for longer than 72 days.

TODAY'S THE WORD IS WRITTEN BY MONICA WEYMOUTH

Shorter nuptials

Filing for divorce after 72 days is a true gift to gossip columnists rendered delirious by Halloween candy. But these stars untied the knot even faster:

- Britney Spears and Jason Alexander: 55 hours
- Carmen Electra and Dennis Rodman: Nine days
- Drew Barrymore and Jeremy Thomas: Six weeks

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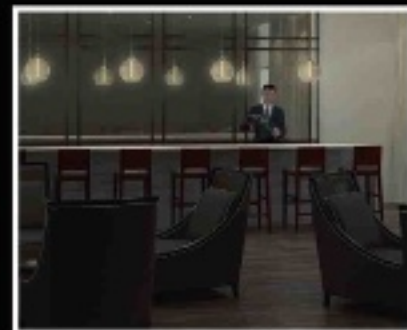
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3
life

Laser tattoo removal — solution or scar?

► Having your first love's name inked on your buttocks seemed like a great idea ► A decade later, you wish you didn't have a constant reminder of your first heartbreak ► Is tattoo laser removal really effective, or will it leave you permanently scarred? ► Metro tries to find out



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METRO WORLD NEWS IN LONDON

Tattoos are a taboo. At least they used to be. As a rebellious teen your parents warn you against them and as an adult they reflect badly in the work place. Now, thanks to celebrities including Angelina Jolie, David Beckham and Megan Fox, a tattoo is more body art than ex-gangster.

What happens when you can't stand it anymore and want to have it removed? According to tattoo artist Saira Hunjan, you can never be sure you'll never regret a tattoo.

"Choose the right artist, style, design and meaning behind it. Only then will you be likely to be proud to wear it forever."

The obvious answer is to never cruise into a tattoo parlour on a whim. Getting a tattoo isn't like getting a haircut. If it goes wrong, you can't wait until it grows out.

"It's really important to find an artist with real expertise. The best can have a long waiting list but it's worth waiting," advises Hunjan.

An ex lover's name is amongst the most common tattoos people want covered or removed.

"It's best to design something that symbolizes the way they feel about that person rather than their name," says Hunjan.

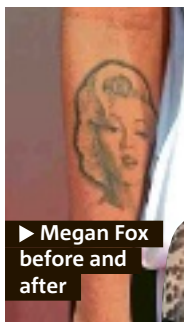
Laser removal is one of the only options, but how safe is it?

Tattoo removal specialist Dr Alex Kaplan explains how choosing the wrong clinic or laser can leave your skin permanently damaged.

"Older methods of tattoo removal involved burning, scraping or cut-



► Saira Hunjan gives some advice on never regretting a tattoo.



► Megan Fox before and after

ting out the tattoo. Thankfully, today's Q Switch laser is light years ahead," says Kaplan.

Tattoo pigment is hard

to remove.

"The pigment injected into the lower layers of skin becomes sealed away by a tough network of collagen fibres and it isn't easy to remove the tattoo pigment without affecting the surrounding tissue,"

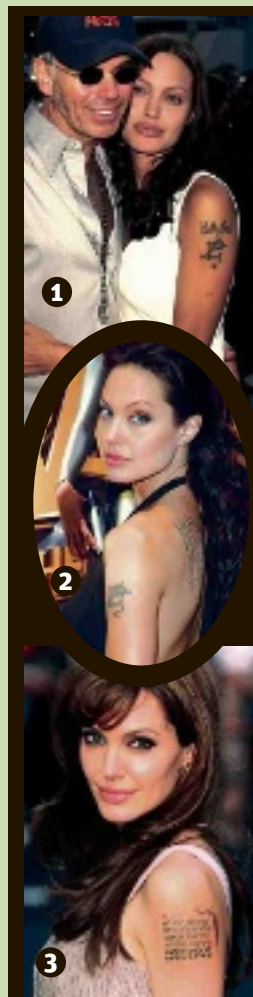
adds Kaplan.

The Q switch laser is a rapid, high-energy laser beam applied at different wavelengths (depending on the tattoo's colouring; red, black and blue ink are the most receptive colours; green, yellow and white the least). The process is painful but then again if you could stand the pain of a tattoo, you should be able to bear this.

Better yet, get a tat you like and stick with it.

"A tattoo should mark a significant memory and emotion in your journey through life," says Hunjan. "So take your time when choosing."

Angelina's tattoo story



1 Angelina Jolie tattoos on her arm the name of her husband, Billy Bob Thornton.

2 They divorce and Jolie has his name lasered

3 Billy Bob and the dragon have been replaced by tattoos representing the gradients of her kids (and most recently Brad's) birthplace.

A new study

Men and babies



Women shouldn't be the only ones to worry about

the ticking of their biological clock. A new study shows that male fertility also declines with age. If by the age of 45 a man is still childless and wants a family, he should start. Past that point and the chance of conceiving could drop to 35 per cent.

• METRO



Vicious circle: Diabetics prone to gum disease, which can worsen glucose control

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

6 tips for a good night's sleep

We went to the director of a sleep lab, Leon Lack, and asked him how he gets a good night's sleep — so he can practise what he preaches when he speaks to clients:

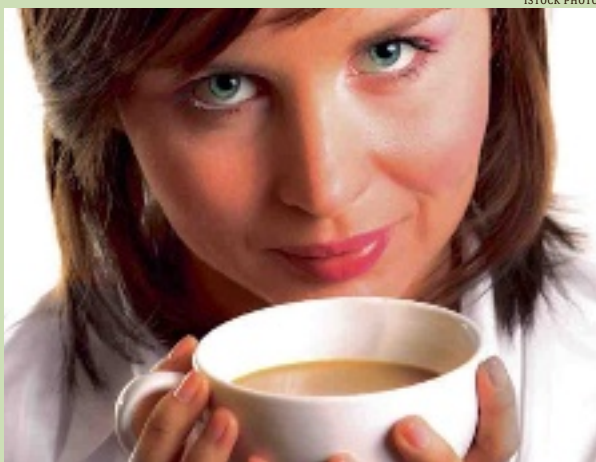
1. "Exercise is excellent for a good sleep."

It reduces mental stress, for one thing. But don't do it just before bedtime or you may be awake longer.

2. "Drink coffee in moderation."

And he avoids it in the afternoon or evening. It can contribute to sleep problems, especially if you have more than three caffeinated drinks a day.

3. "Avoid large meals within 2 or 3 hours of bedtime."



ISTOCK PHOTO

And, don't drink alcohol as a way to help you sleep; your sleep quality will be poor.

4. "Have a standard bedtime routine."

Relax in the hour before bedtime, and try to go to bed and get up at the same time each day for consistent amounts of sleep.

5. "Maintain a comfy sleep environment."

It's different for everyone, but our expert has a supportive mattress and pillow, and a dark bedroom."

6. "Make sure the room isn't too hot."

Most people sleep best in a cool room — so take off that extra quilt.

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WHAT TO KNOW ABOUT EVERY BREATH YOU TAKE!

Do you or anyone in your family find it **hard to sleep at night**? Are you waking up **irritable** in the morning due to that lack of sleep? Have you ever considered the possibility that the problem may be the way that you breathe?

Specifically, the problem you may be facing is that you are a **mouth breather**!

For some people, the first task to work past when dealing with mouth breathing is the attitude that it is not a big deal. Breathing through the mouth for a short time period after physical exertion may not be problematic.

However, regular, prolonged **mouth breathing is a real problem**!

For instance, consistent breathing through the mouth can result in the **facial muscles developing in an abnormal way** to accommodate the breathing style. This stress on the muscles can cause **headaches** in the short term, and can even lead to **facial deformities** over an extended period of time.

People who breathe through the mouth are more likely to have **inflamed tonsils**. This can cause something of a vicious circle as the more inflamed the tonsils become, the more they close the airway for the mouth breather, possibly resulting in further disruptions to the



Dr. Peter Georgopoulos
Dental Surgeon

breathing pattern.

Mouth breathing can also cause **inflammation of the gums**. This may result in gingivitis or bad breath.

Of course, **sleep disorders** may be the most serious problem associated with mouth breathing. Proper sleep is vital to allow our body time to heal and repair itself. If mouth breathing is impairing your sleep, your body may not be getting the rejuvenation it requires from a good night's sleep.

When we are looking at young children, **lack of sleep can lead to developmental issues and behavioural**

problems. The behavioural issues in some such children have been **mistaken for ADHD** and children have been prescribed unnecessary medication as a result.

Your **dentist** may be able to **spot the signs of mouth breathing**. Inflammation of the tonsils or gums may be a sign that you or your child suffer from this problem. A referral to an ear, nose and throat specialist may be necessary to determine if tonsils may have to be removed.

Otherwise, your **dentist** might be able to **solve the problem with an appliance** that will encourage more healthy breathing through the nose. The exact remedy you require will vary depending upon the severity of the problem. You can discuss this with your dentist and any other appropriate health care professional.

If you suspect mouth breathing may be a problem for you, discuss it with your dentist. It may be quite simple to correct and the sleep you get as a result will be well worth it. Because a good night's sleep is a healthy habit...and healthy habits lead to healthy lives.

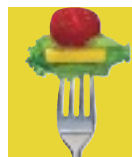
Dr. Peter Georgopoulos
- Dental Surgeon

Smoque break worth taking

► The search for finger-licking good ribs in Ottawa may be over thanks to The Smoque Shack ► Try items such as Jamaican jerk chicken & pulled pork

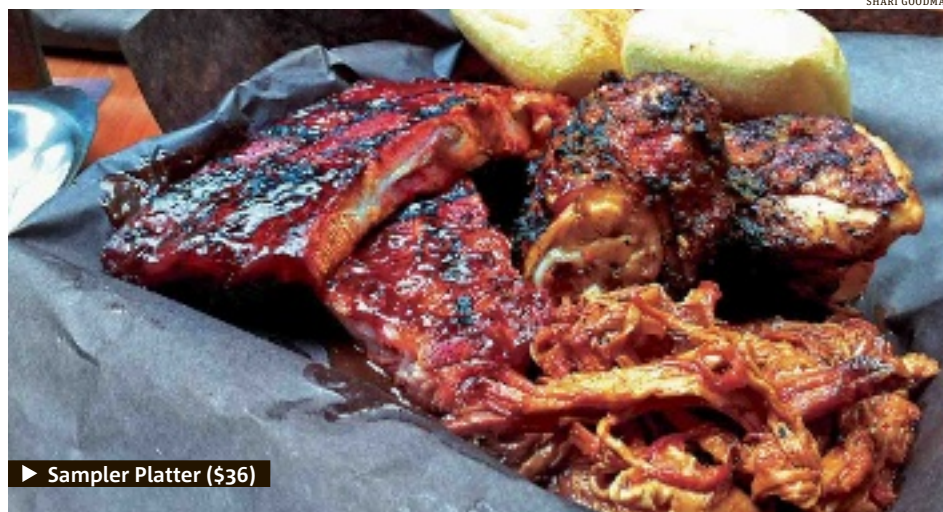
LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Ottawa finally has a rib restaurant worthy of visiting.

Off the main Byward Market square in a restored house is The Smoque Shack. Tables are branded with its logo and big screen televisions are perched in the corners.



► Sampler Platter (\$36)

► **The Smoque Shack**
129 York St.
613-789-4245
Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Co-worker lunch: Yes
Price range: \$\$
Rating: 5 out of 5

It's not fine dining, but it is the destination for fine food. I ordered the sampler platter that can be shared with one friend (but not with two)! It came with Jamaican jerk chicken that was lip-tingling good. The pulled pork had

a dash of sweetness, and the meaty pork side ribs were extremely tender but not quite soft.

Do you use a fork and knife or your fingers? I opted for fingers. Finger food tastes even better.

The corn bread had a

nice outer crust and rich corn flavour. From a friend's basket, I stole fries, which were seasoned with a signature salt and spice medley.

If you're looking for a Smoque break, be prepared to lick your fingers.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Sweet Watermelon Rind Relish



Ingredients:

- 5 ml (1 tsp) each whole cloves and allspice
- 1 l (4 cups) watermelon rind, green skin removed, cut into 5-mm (1/4-inch) chunks
- 375 ml (1 1/2 cups) sugar
- 250 ml (1 cup) red wine vinegar
- 5 ml (1 tsp) salt
- 2 cinnamon sticks
- 1 piece (5 cm/2 inches) fresh ginger, peeled and cut into chunks

Preparation:

1 On a 15-cm (6-inch) square of cheesecloth, combine cloves and allspice. Tie cloth into a bundle.

2 In a large saucepan over medium heat, combine watermelon rind, sugar, vinegar, salt, cinnamon sticks, ginger and spice bundle.

Bring to a simmer and cook for 1 hour or until watermelon rind is tender. Allow watermelon to fully cool in liquid. Remove and discard spice bundle, cinnamon sticks and ginger. Store in an airtight container in the refrigerator for up to a month.

THE ASSOCIATED PRESS

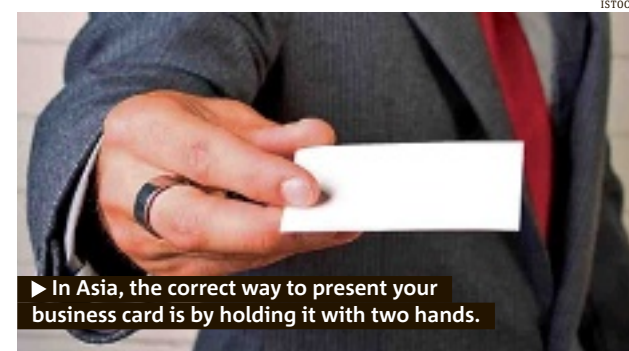
PROPER BUSINESS CARD ETIQUETTE

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► In Asia, the correct way to present your business card is by holding it with two hands.

How does one appear international toward other cultures without actually ever travelling? This is actually easier than you may think.

I'm here in Shanghai, China, and as I observe international culture one thing is evident: local knowledge is power!

In North America and many parts of Europe the business card is not seen as anything of importance, but merely a paper document to facilitate the exchange of business contact details. However, in Asian countries, business cards are considered an exchange of something important, personal and meaningful

between two people.

Within Asia it is correct and commonly practiced by everyone to hand your business card to others in the following fashion.

1. When presenting your card, always use two hands to hold it.

2. When receiving a business card, always use two hands to receive it.

3. Once you receive a business card, always look at the card. Remember this is considered important, so you should honour the person giving it to you by reading it.

4. Hold onto the card

and never just discard it. Keep the business card either in your hand or visible on a desk while you are speaking with the person who gave it to you.

So now how does this knowledge relate to you in Canada? Firstly, if someone hands you a business card in this fashion you will know what to do. But more importantly, people will have a positive impression of you, your worldly knowledge and your respect for other cultures.

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DATING ECONOMICS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Someday, your financial situation will impact the future of your life partner. So, let's face it; no one wants to date a financial dope.

Bad financial habits such as debt and poor spending patterns reflect a person's values and indicate whether they care about their financial future.

Irresponsible money management is a huge irritant for people who are dating; one person might feel pressured into paying for everything or they may sense their partner isn't committed to a long-term financial plan. This leads to resentment, not butterflies.

It's ultra-sexy to date someone who doesn't tow monetary baggage behind

them and has their financial house in order.

Get organized to rid your debt. Cut up all but one credit card, list out who you owe money to and how much. Negotiate interest rates and consolidate expensive credit card balances.

Trade in your \$3 Italian soda for a free glass of water so you can pay a little extra on the highest interest rate debt. If you're severely overextended with your house or car, downsize both. If you can't keep up with payments, see a credit counsellor.

I don't suggest steering clear of dating while you're reducing debt and growing investments. Rather, put together a responsible money management plan that shows you care about your future. You'll feel much better about yourself so that you can be more yourself when you're in dating mode. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Keeping it in the family

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



How would you like to have a \$500,000 loan outstanding and be in doubt about ever getting it back? Add in the fact that family members are involved and you have a recipe for financial and relationship disaster.

This is exactly what is facing a couple who wrote to me last week. The loan in question was to their daughter and son-in-law to buy a home.

Recently the daughter quit work to become a stay-at-home-mom. As a result, they can't afford the loan payments and want to "renegotiate."

Just imagine the acrimony that this loan has

birthed. Mom and dad need the income from the loan. The kids are looking for payment relief. Mess.

Many financial experts counsel against lending money to kids, parents or siblings. In a perfect world, I would agree. However, deserving people often can't get loans for legitimate purposes.

Perhaps they have a short credit history, are self-employed or have experienced job loss or illness.

I won't tell you not to lend money to family members, but keep it businesslike. You will be doing everyone concerned a favour. Here are some guidelines:

1. Know the reason. As the lender you have the right to ask about the purpose of the loan. If you are uncomfortable with where the money is going, keep it in your wallet.



▶ Alison's money rule: You can make family loans work if you are strict about the conditions.

2. Assess affordability. The borrower should draw up a budget proving they can make payments. The lender must ensure they can afford to lend the money and do without the income if the borrower defaults.

3. Put it on paper. A signed agreement should detail principal, interest, payments and the term. For a house purchase, have a legal mortgage drawn up which gives you recourse if

payments aren't made.

4. Get post-dated cheques or set up a separate bank account with an automatic transfer of payments from the borrower. None of this protects you from a family loan gone wrong, but at least you'll have done your best to ensure both sides are clear about the terms.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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4
sports

Offensive?

Raffi
TorresTorres as
Jay-Z

Jay-Z



Phoenix Coyotes forward Raffi Torres is being criticized for wearing blackface while dressed as rapper Jay-Z at a Halloween party.

Fans and some media started criticizing Torres and his wife, Gianna, after teammate Paul Bissonnette posted a photo on Twitter of the couple both wearing blackface as they dressed up as Jay-Z and singer Beyoncé Knowles at a team Halloween party Sunday night.

The Coyotes issued a statement about the costume, denouncing the reaction or claims that Torres is racist.

THE ASSOCIATED PRESS

La Russa goes out on top

► Cardinals manager announces retirement three days after winning World Series

Tony La Russa retired as manager of the St. Louis Cardinals yesterday, three days after winning a dramatic, seven-game World Series against the Texas Rangers.

"I think this just feels like it's time to end it," the 67-year-old La Russa said at a news conference at Busch Stadium.

The World Series win over Texas was the third of La Russa's 33-year career. The manager guided the Cardinals to the championship despite being 10½ games behind Atlanta on Aug. 25 for the final playoff spot in the National League.

La Russa retires third on the all-time wins list, 35 behind second-place John McGraw. He also won world titles in Oakland in 1989 and St. Louis in 2006 and becomes the first manager to retire immediately after his club won the World Series, according to STATS LLC.

"Other than some of the personal attachments, I feel good," La Russa said. "I feel good that this is the right decision."

La Russa said there wasn't a single factor that led to his decision, but he began having doubts about returning for 2012 midway through the season. In late August he told general manager John Mozeliak and other team officials.

La Russa said the timing of those discussions — about the time the Cardi-



► Tony La Russa, seen here in the dugout during Game 7 of the World Series, is retiring.

nals appeared to be out of wild card contention before their miraculous run — was pure coincidence. He said he simply felt it was time to go, a feeling that didn't change even as the Cardinals squeaked into the playoffs on the final day of the season, then upset the Phillies, Brewers and Rangers.

He spoke with little emotion at the news conference with one exception, when he paused to compose himself as he thanked his wife, Elaine, and two daughters for put-

ting up without him over much of the past 33 years. But he did say his meeting with players after Sunday's parade and celebration was short but emotional.

"Some grown men cried," La Russa said, then he joked, "I kind of liked that because they made me cry a few times."

Mozeliak said the search has begun to find a new manager for the first time since La Russa was hired prior to the 1996 season.

La Russa answered flatly, "No," when asked if he'll ever manage again. He also

said he had no plans to be a general manager, but said he is open to some sort of baseball job in the future.

"Maybe open a book store," he said.

La Russa was a .199 hitter in a brief major league career. He began as a manager with the Chicago White Sox in 1979. He guided the Oakland A's to three straight American League pennants in 1988-1990 and the 1989 World Series title over the Giants.

La Russa was hired by the Cardinals in October 1995, soon after the new

ownership group purchased the team from Anheuser-Busch. His impact was immediate — the Cardinals won the NL Central and came within a game of going to the World Series in 1996, losing to the Atlanta Braves.

Overall, St. Louis went to the playoffs nine times in La Russa's 16 seasons, won pennants in 2004, 2006 and this year, and won two championships, over Detroit in 2006 and this season, rallying to win the final two games over Texas.

THE ASSOCIATED PRESS

Crosby won't be back until Nov. 11 at earliest

It's a no go for Sidney Crosby by this week.

And there's still no hint when the NHL's marquee star will make his long-awaited comeback.

Yesterday, Crosby ruled himself out of playing in either of the Pittsburgh Penguins' games this week, meaning the earliest he could return from the concussion that has sidelined him since January is

4 The Penguins will practise as many as four times each this week and next after playing 13 games in 24 days to start the season.

Nov. 11.

It might not be possible for Crosby to play that soon, either, even though that date has been the most mentioned when those

around the NHL speculate about the Penguins captain's return.

While Penguins coach Dan Bylsma raved about how well Crosby is practising — he said it's at a superstar level — he cautioned that Crosby's injury recovery still isn't nearly complete. Most of all, Bylsma said, Crosby needs further contact work in practice.

THE CANADIAN PRESS

Sports in brief

Miller will leave Riders

CFL. The man who helped the Saskatchewan Roughriders get to the Grey Cup in 2007, 2009 and 2010 — and is affectionately nicknamed "Grandpa" — is leaving the CFL team.

Ken Miller, 70, announced yesterday he will step down as the Riders' head coach and vice-president of football

operations at season's end. **THE CANADIAN PRESS**

Yankees keep Sabathia

FREE AGENCY. CC Sabathia is staying with the New York Yankees, agreeing yesterday to a new deal that adds \$30 million US to his existing contract.

Sabathia had until midnight to opt out of his current contract, which had \$92 million remaining over the next four years in \$23-million annual salaries.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|--------------|----|---|---|-----|----|----|----|-----|---------|---------|---------|------|
| d-Pittsburgh | 13 | 8 | 3 | 1 | 1 | 39 | 28 | 18 | 4-1-1-0 | 4-2-0-1 | 6-3-1-0 | L1 |
| d-Toronto | 11 | 7 | 3 | 1 | 0 | 36 | 35 | 15 | 5-0-1-0 | 2-3-0-0 | 6-3-1-0 | L1 |
| d-Washington | 9 | 7 | 2 | 0 | 0 | 35 | 23 | 14 | 5-0-0-0 | 2-2-0-0 | 7-2-0-0 | L2 |
| Ottawa | 12 | 7 | 5 | 0 | 0 | 39 | 45 | 14 | 5-2-0-0 | 2-3-0-0 | 7-3-0-0 | W6 |
| Philadelphia | 11 | 6 | 4 | 1 | 0 | 43 | 36 | 13 | 3-3-1-0 | 3-1-0-0 | 5-4-1-0 | W1 |
| Buffalo | 10 | 6 | 4 | 0 | 0 | 29 | 22 | 12 | 2-3-0-0 | 4-1-0-0 | 6-4-0-0 | L1 |
| Florida | 10 | 6 | 4 | 0 | 0 | 26 | 25 | 12 | 2-1-0-0 | 4-3-0-0 | 6-4-0-0 | W1 |
| Tampa Bay | 11 | 5 | 4 | 0 | 2 | 33 | 35 | 12 | 3-1-0-0 | 2-3-0-2 | 4-4-0-2 | W1 |
| Carolina | 11 | 4 | 4 | 2 | 1 | 28 | 35 | 11 | 2-1-0-1 | 2-3-2-0 | 4-3-2-1 | L1 |
| Montreal | 11 | 4 | 5 | 1 | 1 | 29 | 30 | 10 | 2-3-1-1 | 2-2-0-0 | 4-4-1-1 | W1 |
| New Jersey | 9 | 4 | 4 | 0 | 1 | 20 | 24 | 9 | 2-1-0-1 | 2-3-0-0 | 4-4-0-1 | L2 |
| NY Rangers | 9 | 3 | 3 | 1 | 2 | 20 | 22 | 9 | 0-1-0-1 | 3-2-1-1 | 3-3-1-2 | L2 |
| NY Islanders | 9 | 3 | 4 | 1 | 1 | 18 | 23 | 8 | 3-2-1-0 | 0-2-0-1 | 3-4-1-1 | L5 |
| Winnipeg | 10 | 3 | 6 | 0 | 1 | 26 | 36 | 7 | 2-2-0-0 | 1-4-0-1 | 3-6-0-1 | L1 |
| Boston | 10 | 3 | 7 | 0 | 0 | 22 | 25 | 6 | 2-5-0-0 | 1-2-0-0 | 3-7-0-0 | L3 |

WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|-------------|----|---|---|-----|----|----|----|-----|---------|---------|---------|------|
| d-Dallas | 11 | 8 | 3 | 0 | 0 | 28 | 23 | 16 | 5-1-0-0 | 3-2-0-0 | 7-3-0-0 | W1 |
| d-Edmonton | 11 | 7 | 2 | 0 | 2 | 25 | 18 | 16 | 5-1-0-1 | 2-1-0-1 | 6-2-0-2 | W5 |
| d-Chicago | 10 | 6 | 2 | 0 | 2 | 32 | 25 | 14 | 4-0-0-2 | 2-2-0-0 | 6-2-0-2 | W1 |
| Colorado | 11 | 7 | 4 | 0 | 0 | 32 | 29 | 14 | 1-3-0-0 | 6-1-0-0 | 7-3-0-0 | W1 |
| Los Angeles | 11 | 6 | 3 | 1 | 1 | 26 | 22 | 14 | 3-2-0-0 | 3-1-1-1 | 5-3-1-1 | L2 |
| San Jose | 9 | 6 | 3 | 0 | 0 | 28 | 21 | 12 | 1-2-0-0 | 5-1-0-0 | 6-3-0-0 | W5 |
| Phoenix | 10 | 5 | 3 | 0 | 2 | 30 | 30 | 12 | 3-2-0-1 | 2-1-0-1 | 5-3-0-2 | W2 |
| Nashville | 10 | 5 | 4 | 0 | 1 | 24 | 26 | 11 | 2-2-0-1 | 3-2-0-0 | 5-4-0-1 | W2 |
| Minnesota | 10 | 4 | 3 | 2 | 1 | 21 | 23 | 11 | 3-2-1-0 | 1-1-1-1 | 4-3-2-1 | W1 |
| Vancouver | 11 | 5 | 5 | 0 | 1 | 31 | 33 | 11 | 3-2-0-1 | 2-3-0-0 | 5-5-0-0 | W1 |
| Anaheim | 11 | 5 | 5 | 0 | 1 | 22 | 29 | 11 | 3-2-0-0 | 2-3-0-1 | 5-4-0-1 | L2 |
| Detroit | 9 | 5 | 4 | 0 | 0 | 22 | 23 | 10 | 3-1-0-0 | 2-3-0-0 | 5-4-0-0 | L4 |
| St. Louis | 11 | 5 | 6 | 0 | 0 | 28 | 31 | 10 | 2-1-0-0 | 3-5-0-0 | 4-5-0-0 | L2 |
| Calgary | 9 | 4 | 4 | 1 | 0 | 22 | 23 | 9 | 3-2-1-0 | 1-2-0-0 | 4-4-1-0 | W2 |
| Columbus | 12 | 2 | 9 | 0 | 1 | 28 | 40 | 5 | 2-3-0-1 | 0-6-0-0 | 2-7-0-1 | W1 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

San Jose at N.Y. Rangers
Winnipeg at Florida
Nashville at Chicago
Sunday's results
Ottawa 3 Toronto 1
Edmonton 4 St. Louis 2
Colorado 3 Los Angeles 2
Columbus 3 Anaheim 1
Tonight's games
All Times Eastern
Ottawa at Boston, 7 p.m.
Anaheim at Washington, 7:30 p.m.
Tampa Bay at Carolina, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Vancouver at Calgary, 9 p.m.

Tomorrow's games

Philadelphia at Buffalo, 7:30 p.m.
Toronto at New Jersey, 7:30 p.m.
Phoenix at Colorado, 9:30 p.m.

SCORING LEADERS

| | G | A | PT |
|---------------------|----|----|----|
| Kessel, Tor | 10 | 8 | 18 |
| Varnek, Buf | 8 | 7 | 15 |
| Giroux, Pha | 7 | 8 | 15 |
| Spezza, Ott | 7 | 8 | 15 |
| Kopitar, LA | 6 | 8 | 14 |
| Pominville, Buf | 5 | 9 | 14 |
| Michalek, Ott | 7 | 6 | 13 |
| D.Sedin, Vcr | 4 | 9 | 13 |
| H.Sedin, Vcr | 4 | 9 | 13 |
| Karlsson, Ott | 1 | 12 | 13 |
| Backstrom, Wash | 2 | 10 | 12 |
| M.Bergeron, TB | 2 | 10 | 12 |
| Neal, Pgh | 9 | 2 | 11 |
| Pavelski, SJ | 7 | 4 | 11 |
| Tavares, NYI | 7 | 4 | 11 |
| Lupul, Tor | 5 | 6 | 11 |
| Nugent-Hopkins, Edm | 5 | 6 | 11 |
| Hartnell, Pha | 4 | 7 | 11 |
| Phaneuf, Tor | 2 | 9 | 11 |
| Letang, Pgh | 1 | 10 | 11 |
| Stamkos, TB | 6 | 4 | 10 |
| Smyth, Edm | 5 | 5 | 10 |
| Versteeg, Fla | 5 | 5 | 10 |
| Ra.Whitney, Phx | 5 | 5 | 10 |
| Briere, Pha | 4 | 6 | 10 |
| Doan, Phx | 4 | 6 | 10 |
| Nash, Clb | 4 | 6 | 10 |
| Prospal, Clb | 4 | 6 | 10 |
| Seguin, Bos | 4 | 6 | 10 |
| Skinner, Car | 4 | 6 | 10 |
| Eberle, Edm | 3 | 7 | 10 |
| Selanne, Ana | 3 | 7 | 10 |
| M.Richards, LA | 2 | 8 | 10 |
| Eriksson, Dal | 6 | 3 | 9 |
| J.Staal, Pgh | 6 | 3 | 9 |
| Steen, StL | 6 | 3 | 9 |
| Ovechkin, Wash | 5 | 4 | 9 |
| Pacioretty, Mtl | 4 | 5 | 9 |
| Plekanec, Mtl | 4 | 5 | 9 |
| Adam, Buf | 3 | 6 | 9 |
| Antropov, Wpg | 3 | 6 | 9 |
| D.Brown, LA | 3 | 6 | 9 |
| Burmistrov, Wpg | 3 | 6 | 9 |
| Dupuis, Pgh | 3 | 6 | 9 |
| Hall, Edm | 3 | 6 | 9 |
| Hanzal, Phx | 3 | 6 | 9 |
| Jagr, Pha | 3 | 6 | 9 |
| Purcell, TB | 3 | 6 | 9 |
| St. Louis, TB | 3 | 6 | 9 |
| Weiss, Fla | 3 | 6 | 9 |
| Benn, Dal | 2 | 7 | 9 |
| Edler, Vcr | 2 | 7 | 9 |
| Legwand, Nash | 2 | 7 | 9 |
| Parenteau, NYI | 1 | 8 | 9 |
| Campbell, Fla | 0 | 9 | 9 |
| Gonchar, Ott | 0 | 9 | 9 |
| Timonen, Pha | 0 | 9 | 9 |

Not including last night's games

NFL

WEEK EIGHT

AMERICAN CONFERENCE

| EAST | | | | | | |
|--------------|---|---|---|------|-----|-----|
| | W | L | T | Pct | PF | PA |
| Buffalo | 5 | 2 | 0 | .714 | 211 | 147 |
| New England | 5 | 2 | 0 | .714 | 202 | 160 |
| N.Y. Jets | 4 | 3 | 0 | .571 | 172 | 152 |
| Miami | 0 | 7 | 0 | .000 | 107 | 166 |
| SOUTH | | | | | | |
| | W | L | T | Pct | PF | PA |
| Houston | 5 | 3 | 0 | .625 | 206 | 145 |
| Tennessee | 4 | 3 | 0 | .571 | 139 | 145 |
| Jacksonville | 2 | 6 | 0 | .250 | 98 | 163 |
| Indianapolis | 0 | 8 | 0 | .000 | 121 | 252 |

| NORTH | | | | | | |
|-------------|---|---|---|------|-----|-----|
| | W | L | T | Pct | PF | PA |
| Pittsburgh | 6 | 2 | 0 | .750 | 176 | 139 |
| Cincinnati | 5 | 2 | 0 | .714 | 171 | 123 |
| Baltimore | 5 | 2 | 0 | .714 | 185 | 110 |
| Cleveland | 3 | 4 | 0 | .429 | 107 | 140 |
| WEST | | | | | | |
| | W | L | T | Pct | PF | PA |
| San Diego | 4 | 2 | 0 | .667 | 141 | 136 |
| Oakland | 4 | 3 | 0 | .571 | 160 | 178 |
| Kansas City | 3 | 3 | 0 | .500 | 105 | 150 |
| Denver | 2 | 5 | 0 | .286 | 133 | 200 |

NATIONAL CONFERENCE

| EAST | | | | | | |
|--------------|---|---|---|-------|-----|-----|
| | W | L | T | Pct | PF | PA |
| N.Y. Giants | 5 | 2 | 0 | .714 | 174 | 164 |
| Philadelphia | 3 | 4 | 0 | .429 | 179 | 152 |
| Dallas | 3 | 4 | 0 | .429 | 156 | 162 |
| Washington | 3 | 4 | 0 | .429 | 116 | 139 |
| SOUTH | | | | | | |
| | W | L | T | Pct | PF | PA |
| New Orleans | 5 | 3 | 0 | .625 | 260 | 189 |
| Tampa Bay | 4 | 3 | 0 | .571 | 131 | 169 |
| Atlanta | 4 | 3 | 0 | .571 | 158 | 163 |
| Carolina | 2 | 6 | 0 | .250 | 187 | 207 |
| NORTH | | | | | | |
| | W | L | T | Pct | PF | PA |
| Green Bay | 7 | 0 | 0 | 1.000 | 230 | 141 |
| Detroit | 6 | 2 | 0 | .750 | 239 | 147 |
| Chicago | 4 | 3 | 0 | .571 | 170 | 150 |
| Minnesota | 2 | 6 | 0 | .250 | 172 | 199 |

| WEST | | | | | | |
|---------------|---|---|---|------|-----|-----|
| | W | L | T | Pct | PF | PA |
| San Francisco | 6 | 1 | 0 | .857 | 187 | 107 |
| Seattle | 2 | 5 | 0 | .286 | 109 | 162 |
| St. Louis | 1 | 6 | 0 | .143 | 87 | 192 |
| Arizona | 1 | 6 | 0 | .143 | 143 | 183 |

Byes: Atlanta, Chicago, Green Bay, N.Y. Jets,

Last night's result

San Diego at Kansas City

Sunday's results

Tennessee 27 Indianapolis 10
St. Louis 31 New Orleans 21
Houston 24 Jacksonville 14
N.Y. Giants 20 Miami 17
Minnesota 24 Carolina 21
Baltimore 30 Arizona 27
Detroit 45 Denver 10
Buffalo 23 Washington 0
San Francisco 20 Cleveland 10
Cincinnati 34 Seattle 12
Pittsburgh 25 New England 17
Philadelphia 34 Dallas 7

SOCCER

MLS PLAYOFFS

All Times Eastern

EASTERN CONFERENCE

SEMIFINALS

Sporting Kansas City vs. Colorado

Sunday's result

Kansas City 2 Colorado 0

Tomorrow's game

Colorado at Sporting Kansas City, 7 p.m.

Houston vs. Philadelphia

Sunday's result

Houston 2 Philadelphia 1

Thursday's game

Philadelphia at Houston, 8:30 p.m.

WESTERN CONFERENCE

SEMIFINALS

Los Angeles vs. New York

Sunday's result

Los Angeles 1 New York 0

Thursday's game

New York at Los Angeles, 11 p.m.

Seattle vs. Real Salt Lake

Saturday's result

Real Salt Lake 3 Seattle 0

Tomorrow's game

Real Salt Lake at Seattle, 10 p.m.

ENGLAND

PREMIER LEAGUE

| Team | GP | W | D | L | GF | GA | Pts |
|------------------|----|---|---|---|----|----|-----|
| Man City | 10 | 9 | 1 | 0 | 36 | 8 | 28 |
| Man United | 10 | 7 | 2 | 1 | 27 | 12 | 23 |
| Newcastle | 10 | 6 | 4 | 0 | 15 | 7 | 22 |
| Chelsea | 10 | 6 | 1 | 3 | 23 | 15 | 19 |
| Tottenham | 9 | 6 | 1 | 2 | 18 | 14 | 19 |
| Liverpool | 10 | 5 | 3 | 2 | 14 | 10 | 18 |
| Arsenal | 10 | 5 | 1 | 4 | 20 | 21 | 16 |
| Norwich | 10 | 3 | 4 | 3 | 14 | 15 | 13 |
| Aston Villa | 10 | 2 | 6 | 2 | 13 | 13 | 12 |
| Swansea | 10 | 3 | 3 | 4 | 12 | 15 | 12 |
| Stoke | 10 | 3 | 3 | 4 | 8 | 14 | 12 |
| QPR | 10 | 3 | 3 | 4 | 8 | 17 | 12 |
| West Brom Albion | 10 | 3 | 2 | 5 | 9 | 13 | 11 |
| Sunderland | 10 | 2 | 4 | 4 | 14 | 12 | 10 |
| Fulham | 10 | 2 | 4 | 4 | 13 | 12 | 10 |
| Everton | 9 | 3 | 1 | 5 | 10 | 13 | 10 |
| Wolverhampton | 10 | 2 | 2 | 6 | 9 | 17 | 8 |
| Blackburn | 10 | 1 | 3 | 6 | 13 | 23 | 6 |
| Bolton | 10 | 2 | 0 | 8 | 13 | 27 | 6 |
| Wigan | 10 | 1 | 2 | 7 | 6 | 17 | 5 |

Yesterday's result

Stoke 1 Newcastle 3

SPAIN

LA LIGA

| Team | GP | W | D | L | GF | GA | Pts |
|-----------------|----|---|---|---|----|----|-----|
| Real Madrid | 10 | 8 | 1 | 1 | 32 | 6 | 25 |
| Barcelona | 10 | 7 | 3 | 0 | 32 | 4 | 24 |
| Levante | 10 | 7 | 2 | 1 | 17 | 7 | 23 |
| Valencia | 10 | 6 | 3 | 1 | 15 | 8 | 21 |
| Sevilla | 10 | 4 | 5 | 1 | 11 | 8 | 17 |
| Malaga | 10 | 5 | 1 | 4 | 12 | 14 | 16 |
| Espanyol | 10 | 5 | 0 | 5 | 9 | 13 | 15 |
| Osasuna | 10 | 3 | 5 | 2 | 13 | 17 | 14 |
| Athletic Bilbao | 10 | 3 | 4 | 3 | 15 | 12 | 13 |
| Athletic Madrid | 10 | 3 | 4 | 3 | 12 | 11 | 13 |
| Rayo Vallecano | 10 | 3 | 3 | 4 | 10 | 13 | 12 |
| Real Betis | 10 | 4 | 0 | 6 | 10 | 15 | 12 |
| Villarreal | 10 | 2 | 4 | 4 | 9 | 17 | 10 |

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Corner of County Road 31 & 43 - Winchester, ON
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Large quantity of toys and games
Lease Returns: Photocopiers; telephone systems; computers
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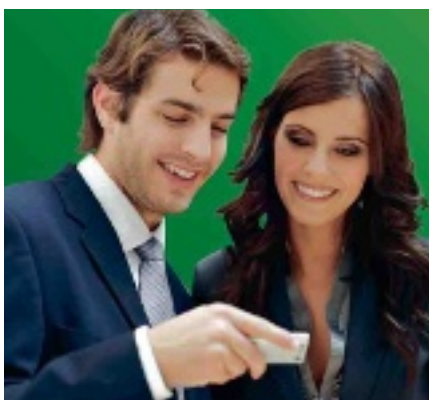
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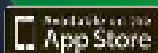


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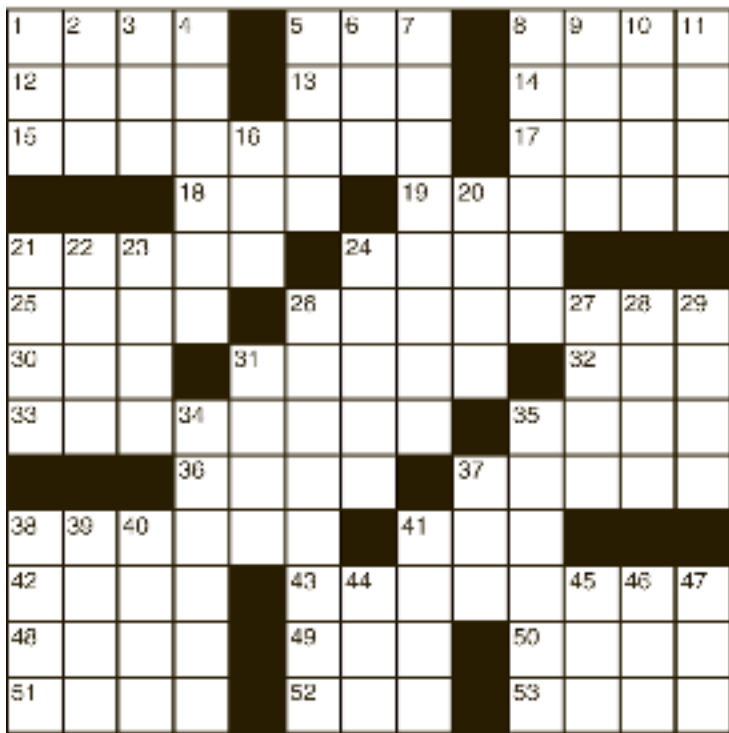
Crossword

Across

- 1 Grand tale
5 Sprite
8 Hindu princess
12 Surrealist Joan
13 Alt. sp., in cross-words
14 — out (supple-mented)
15 Herd's headlong rush
17 String instrument
18 Chaps
19 Climb a pole, per-haps
21 Be philanthropic
24 Brogan or oxford
25 Adolescent
26 Glasses, often
30 Piercing tool
31 Foolish person, slangily
32 Scarlet
33 Incentive
35 Make one's way
36 Oodles
37 Substantial
38 Oats-nuts-fruit mix
41 Fix the soundtrack
42 Eye part
43 Tripped
48 Indira's wrap
49 Youngster
50 Simple
51 Staff leader?
52 Tofu source
53 Memorization method

Down

- 1 Type measures
2 Foxhole
3 Savings acronym
4 Usual

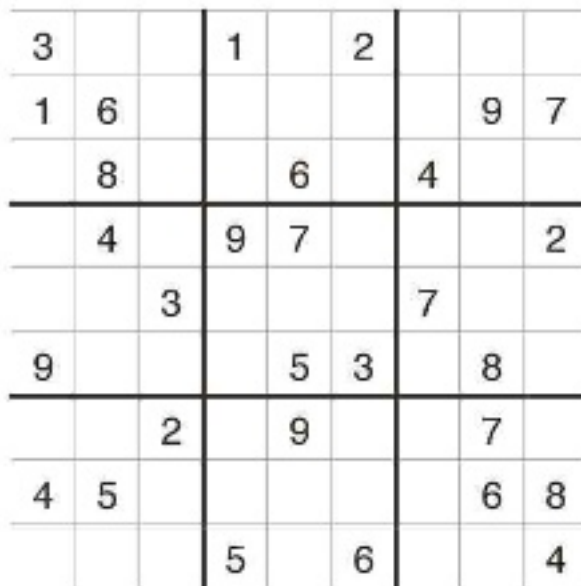


- 5 Tied
6 Boy
7 Rejuvenates
8 Critic's write-up
9 Related (to)
10 Night light?
11 Without acting
16 Church seating
20 Comfortable, as accommodations (Var.)
21 Greek vowels
22 Mr. Gingrich
23 Sandwich shop
24 Portly
26 Helpless ones?
27 Vicinity
28 Landlord's due
29 Vortex
31 Seabird
34 Mountain range
35 Andrew Lloyd —
37 Silent
38 Uncategorizable (Abbr.)
39 Kazakhstan river
40 Ireland
41 Responsibility
44 Also
45 "7 Faces of Dr. —"
46 Superlative ending
47 Colouring agent

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 8 | 3 | 9 | 4 | 8 | 5 | 2 | 7 |
| 7 | 2 | 4 | 5 | 3 | 1 | 8 | 6 | 9 |
| 9 | 5 | 8 | 7 | 2 | 6 | 1 | 3 | 4 |
| 5 | 8 | 9 | 2 | 1 | 4 | 6 | 7 | 3 |
| 3 | 1 | 2 | 6 | 9 | 7 | 4 | 8 | 5 |
| 8 | 4 | 7 | 8 | 5 | 3 | 9 | 1 | 2 |
| 2 | 7 | 5 | 1 | 6 | 9 | 3 | 4 | 8 |
| 8 | 3 | 6 | 4 | 7 | 5 | 2 | 9 | 1 |
| 4 | 9 | 1 | 3 | 8 | 2 | 7 | 5 | 6 |

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Samantha L. Jackson, I know you are well, and doing great. Was thinking of you, as I do everyday. Love you greatly~
VANCOUVER-EX

Christian, Here's to two years of pure bliss. Thank you for all the late nights you stayed up just to chat with me. I love you more than anything in this world. I know that you will always be the one who brightens my day.

YOUR LITTLE SHISHI

MoonGal, Ever since I have seen you, I knew you are the most beautiful woman on this universe. I easily get hypnotized by your look. That smile of yours is the reason why I keep shining everyday. Love you always n forever. Don't ever be sad, Keep glowing:)

THE SUN

Today

12°/3°
Sunny

Wednesday

13°/5°
Partly cloudy

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Today's horoscope

♈ Aries March 21-April 20 What you are being offered may be tempting but think carefully before accepting.

♉ Taurus April 21-May 21 Act as if you own the world today, and everyone will believe that you do.
♊ Gemini May 22-June 21 You will get the chance to make a breakthrough of some kind over the next 24 hours.

♋ Cancer June 22-July 22 You seem remarkably confident at the moment and creatively and professionally there is precious little you cannot do. Select your most important goal and focus on it.

♌ Leo July 23-Aug. 23 No matter what you have done wrong you will be forgiven — provided you hold up your hand and admit your mistake.

♍ Virgo Aug. 24- Sept. 22 The more you socialize the more you achieve.

♎ Libra Sept. 23-Oct. 23 You worked hard for what you earned — it's OK to work hard spending it too.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time trying to get other people's approval for your plans.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Your mind builds your future.

♒ Capricorn Dec. 22-Jan. 20

There are lots of people who share your vision — so why not share the workload too?

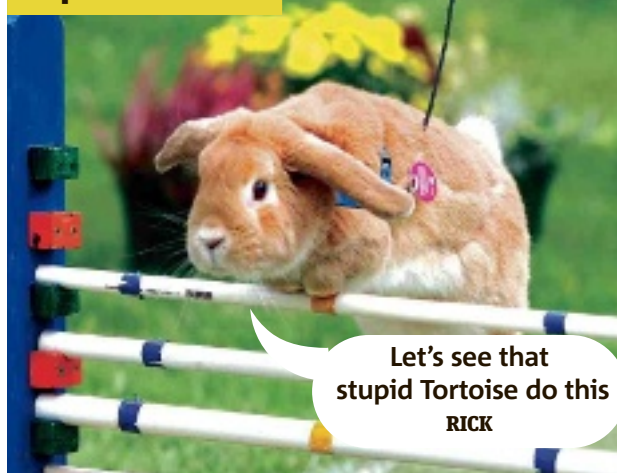
♓ Aquarius Jan. 21-Feb. 18

You will surprise a few people today by how well you deal with challenges of one sort or another.

♈ Pisces Feb. 19-March 20. You are in no mood to let other people dictate what you can and cannot believe in, and that's good because some of your ideas are so controversial the powers that be may get upset.

● SALLY BROMPTON

Caption contest



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